



Proves d'Accés per a Majors de 25 i 45 anys Pruebas de Acceso para mayores de 25 y 45 años	Convocatòria: Convocatoria: 2021	 <small>SISTEMA UNIVERSITARI VALENCIÀ</small> <small>SISTEMA UNIVERSITARIO VALENCIANO</small>
Assignatura: ANGLÈS Asignatura: INGLÈS		 <small>GENERALITAT VALENCIANA</small> <small>Comunitat Valenciana</small> <small>Comunidad Valenciana</small>
OBSERVACIONS I BAREM DE L'EXAMEN: L'alumnat haurà de contestar, en anglès i en un full d'examen a banda, a totes les qüestions de quatre de les cinc preguntes que es plantegen en el model. Pregunta 1 (2,5 p.) Pregunta 2 (2,5 p.; -0,625 per resposta incorrecta) Pregunta 3 (2,5 p.) Pregunta 4 (2,5 p.) Pregunta 5 (2,5 p.; -0,3 per excés o defecte de paraules) En les preguntes (1) i (5) heu d'evitar la reproducció literal de l'original.	OBSERVACIONES Y BAREMO DEL EXAMEN: El alumnado tendrá que contestar, en inglés y en la hoja de respuestas, a todas las cuestiones de cuatro de las cinco preguntas que se plantean en el modelo. Pregunta 1 (2,5 p.) Pregunta 2 (2,5 p.; -0,625 por respuesta incorrecta) Pregunta 3 (2,5 p.) Pregunta 4 (2,5 p.) Pregunta 5 (2,5 p.; -0,3 por exceso o defecto de palabras) En las preguntas (1) y (5) se deberá evitar la reproducción literal del original.	

JOINING A CHOIR HELPED ME COMBAT ANXIETY

Six years ago I started having panic attacks. I began to fight them with traditional tools, including therapy, keeping active, meditation and medication, all of which were a great help. Thankfully, a year later medication was no longer needed and neither was therapy. Problem solved.

Frustratingly, about a year after that, when I was apparently happy and healthy, I started to develop depression and began to have panic attacks again, and this time they were more debilitating. I tried my previous remedies, but I was still far from feeling well again.

Then I discovered a group called Sound, a pop, funk and soul choir. It meant a lot to me. I have been a member of the choir for three years. I practise every Tuesday. I love the community, the challenge, the performances and the fire it lights in my stomach.

My anxiety attacks came out of nowhere and, to this day, I still do not know what causes them. Now, however, I am feeling a lot better. When I am anxious, distraction is key and singing does exactly that for me. It sends me into autopilot, a state in which my body works with pure passion and joy. Don't get me wrong, there are weeks when the last thing I want to do after work is go to choir practice and I wish to go home to bed. But I go because I know I am guaranteed to come out feeling great.

Adapted from a newspaper article by Kate Corbett-Winder, The Guardian, Jan 13, 2020

QUESTIONS

1. - State in your own words what the text means by (paragraph 4) (2.5 marks):

"When I am anxious, distraction is key and singing does exactly that for me".

2. -Decide whether the following statements are true or false, according to the text. Write T or F. If the answer is not mentioned in the text, mark it false (F) (2.5 marks; 0.625 for each wrong answer).

- a) The first time the writer had panic attacks, medication was effective.
- b) The second time the writer had panic attacks, therapy and meditation were helpful.
- c) Singing makes the writer block her anxiety attacks.
- d) The writer goes to choir practice because it makes her feel well.

3. -These words and expressions are found in the text: **STARTED, TRADITIONAL, ACTIVE, WELL, DISCOVERED, CHALLENGE, DISTRACTION, PASSION.** Choose the ones that mean the same as the following (2.5 marks).

- a) began
- b) classic
- c) enthusiasm
- d) fine

4. - Choose the best option (a, b or c), according to the text. Only one answer is correct (2.5 marks).

1. The writer had panic attacks...

- A. once.
- B. twice.
- C. three times.

2. The writer started singing in the choir...

- A. six years ago.
- B. three years ago.
- C. one Tuesday.

3. To this day, the writer...

- A. ignores the cause of her anxiety attacks.
- B. knows that panic causes her anxiety attacks.
- C. is still not feeling better.

4. Some weeks the writer...

- A. goes home early.
- B. goes to choir practice although she does not want to.
- C. does not go to choir practice because she does not want to.

5. - Answer the questions using your own words (25 to 50 words for each question) (2.5 marks; 0.3 for each question if too many or not enough words).

- 1. Are traditional remedies effective to treat anxiety and panic attacks?
- 2. What alternative remedies can be effective to treat anxiety and panic attacks